

Nothing is more important than your family's health

**One
Life
KIDS**



Join us today to start your healthy lifestyle journey!



Through interactive family sessions and physical activity, we cover topics such as sleep, healthy eating, being active and the importance of looking after your wellbeing.



Our 10-week club comes with a full 12 months of support!

Eligibility Criteria:

- Children between 5 – 18 years who have a BMI > 91st centile on the growth chart
- The child, young person and family must live in Suffolk



**FUN, FRIENDLY
and FREE!**

FREE water bottle
and bag for all kids!



 **SCAN ME**

Call us on **01473 718193**

Visit us at **onelifesuffolk.co.uk**